

1. Ping ~~Alt.~~ ~~Max.~~ st. - A. bend'g + (A+L)
un. stretch'g.
2. Hd. squat sitt. - Alt. H. place'g (L)
sidew.
3. A's (st.) swing'g half + up. (A)
4. Str. st. - Alt. T. twist'g + babb'g (LAT)
5. Bh. by. to hell sitt. (AID.)
6. Str. L. st. - A's swing'g down. (U. B.)
X + fly.
7. Bundle sitt. - T. bend'g form. (L.I.)
8. Bl. lift'g broken. bl. + toe touch'g (Alt)
9. Bass. 1. Off. st. put on lowest bar. (L)
kns. bend'g + stretch'g.
2. Stretch'g from the bar. (J)
3. Monkey jumps.

11

II + III.

FEB. 23.

1. St. - A's swing 'g x + fly m. (A.)
hl. raise 'g.
 2. St. - Opp. toe place 'g sides, 2 hb (L)
jumps, then 1 jump on repeat.
 3. St. - Hl. lift 'g backn. - hl. + toe (A+L)
touch 'g sides from m A's
 4. St. - Toe place 'g sides. alt. T. (LAT.)
bend 'g
 5. Bh. by. legs lift 'g slightly + lower 'g (A3?)
 6. Cr. lk. knee sitt. - Ch. lift 'g m. A.s. (U.B.)
 7. Hd. squat sitt. - Kn. stretch 'g m. swing 'g (L.)
 8. 4 times from. 4 steps backn. + reverse. (X)
- Bars. 1. Opp. st. Kn. bend 'g + stretch 'g. (L)
2. Bh. to bars. - Mt. + double leg stretch 'g. (A3)
 3. Handstand. (A)
(ACILITY)

12

II + III.

MAR. 10.

1. Jump \downarrow m. A. stretch \downarrow up. (L+A)
sidem. from. + down. alt. s+d.
2. Walk \downarrow from. + back. (4) A's turn. (A)
phl + A. side + T. swing \downarrow (4)
3. Bd. sqt. sit. to stand \downarrow - km. stretch \downarrow (L)
4. St. - Alt. fr. kic \downarrow sidem. + (LAT)
side - bend \downarrow of T.
5. Km. st. - slow T. bend \downarrow back. (A+B)
6. Bd. by. - Chest lift \downarrow . (U.B.)
7. Sweeping swing. (L.B.)
8. St. - 2 kics + (side kick. (X)
9. Bass - 1. Off. st. - Kid bend \downarrow + stretch \downarrow .
(L)
2. Monkey jumps. (A+L)
3. St. - Prince fall to bass. (A)

VI

✓
1944.

1. 4 steps m. alt. leg swing'g (A+L)
pnn. & backen. A. pnn. & silen.
2. Alt. + double A. fling'g backen. (A)
3. Spt. sittt. alt. by L. + R. + st. (L)
4. Str. st. - T. twist'g m. A. fling'g (A+L)
5. To kn. st. - T. bd'g pnn. m. kn
straightening. (L-B)
6. Ring th. by. T. bend'g from. (A+B)
7. Opp. ft. supp. T. spring'g m. (L-I)
help. lift'g of hips m. help. (I-)
8. Step. by. Chest lift'g. (U-B)
9. Skipping to bars.
10. Bars - 2 leg swing dismount. (A+B)
- Spnn bending. (U-B)
- Handstand. (A)
- Opp sitt. T. bend'g to L. (L)
11. Ability - Strength vault.
Jump high
Somersault over partner's
back.
Somersault between hands.

IV + VI. Gender ~~X~~[#], XI, XII. NOV. 4.

1. St. - Easy A. swing 'g.
A. swing 'g $\frac{1}{2}$ and up. (A.)
2. St. - Jump + str. - alt. L. in front. (L.)
3. St. - Hop, hop, stride, together.
clapp'g hands overhead. (A+L)
4. Str. str. - T. twist'g m. A's swing 'g. (LAT.)
5. X sitt. - H. twist'g + nodding. (N)
6. ^{Re} Bk. ly. - Quick T. bend'g from. (A3D.)
7. Grope bk. kn. sitt. - Ch. lift'g m. (U.3)
A. rais'g sides.
8. Hd. squat sitt. - Kn. stretch'g m.
spring 'g. (L+L.3)
- 4 slides + a jump lt. + rt.

Partners

1. Opp. ring B.L. - T. bend'g from.
+ backen. (A3D.)
2. Ch. lift'g m. partner helps. (U.3)

- Bars.
1. Opp. st. - Jump'g on bar + off. (L.)
 2. Hanging.



Benches. Jumping over.
Jumping on + off.
Pup. for star Star.

✓ 3.

IV. + VI.

NOV. 8.

1. St. - Square swing'g. (A)
2. Bd. to spr. std. sitt. - Alt. low. (L)
head'g + stretch'g.
3. Pp. in place w. A. movements. (A + L)
4. Bd. low. st. - A. swing'g. (LAT.)
5. N. Std. st. - T. spring'g. (N. + S)
6. Fr. ly. - Kick raise'g. (A + D)
7. Long sitt. - T. head'g from. to ankles - A's head'g. (L. + LB)
8. Std. st. - T. unrolling. (L. + U. 1)

Shifting

(RELIEF)

Bats.

1. Hanging. (S.)
2. Off. st. - Jump'g on bar + off. (L.)

Partners.

1. Off. swing. B.L. - T. head'g from. + backw. (AS)
2. Ch. lift'g w. help. (U. S.)



Agility. Jumping over hands.



V + VI.

NOV. 16.

1. Hopp'g m. hl. lift'g backm. (L.)
hl. & toe touching floor.
2. St. - Easy A. swinging from. + sidem. (A)
(hold 1 A. every 4th count)
3. Jump'g + hopp'g m. alt. kn. lift'g. (A+L)
+ opp. A. swinging'g from.
4. $\frac{1}{2}$'s str. st. - alt. T. bend'g sidem. (LAT)
5. Rock the dummy (3's) (A3D)
6. Prone ly. - Ch. lift'g (U.B)
7. $\frac{1}{2}$ gr. str. kn st. - T. spring'g. (L.B.)
8. Opp. grasp st. - Hopp'g m. alt.
toe touch'g sidem. + quick kn. bend'g. (A+L)
9. High skipping to base.
- base - 1. Opp. str. st. - A. spring'g. (A)
2. Partners - Opp. - T. spring'g. (U.B.)

V. + VI.

NOV. 25.

1. Jump'g m. A. circ'g backn. (A+L.)
 2. to str. st. - Single B. circ'g. (A)
 3. Alt. leg swing'g from. + backn. (L)
 4. Hoppe'g m. bl. lift'g backn., (A+L)
bl. + toe back'g from.
 5. Opp. str. st. - Hds. close + alt. (LAT.)
kend'g of T. rt. + lh.
 6. Blk. by. to hell sitt. (AID)
 7. Cr. kick from sitt.
Ch. lift'g m. A. ris'g sidem.
 8. Hurdle sitt. - T. kend'g from. (L+L.B.)
 9. 4 hps in. alt. leg swing'g from. (A+L)
+ backn. in B. swing'g from. + sidem.
- Bass 1. Long. sitt. to open kend'g. (U.B.)
2. St. - walking down bass. (L+L.B.)



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